

Spadacrene Anglica, *J. R.*

The English Spaw,

O R,

pl. 15
The glory of Knaresborough,

*Springing from several famous Fountains
there adjacent, called the Vitrioll, Sulphurous and
dropping Wels; and also other Mineral waters.*

Their nature, Physical use, Situation, and
many admirable Cures being exactly exprest
in the subsequent Treatise of the learned
Dr. Dean, and the sedulous observations of the
ingenious Michael Stanhope Esquire.

Wherein it is proved by Reason and Expe-
rience, that the Vitrioline Fountain is
equall (and not inferiour) to the
German Spaw.

'Aetion ude' v' d'w.

Tork, Printed by *Tho. Broad*, and are to be sold
in his Shop in the lower end of Stonegate, near to
the Common Hall Gates. 1654.



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Wing records only
at 1649

The English SPA W.

Written by Dr. Edm. Dean, late Physician in Yorke.

CHAP. I.

Of the situation of the Town of Knaresborow.



Naresbrugh (commonly called *Knaresborow*) is a very ancient Market Town in the West-Riding of *Yorkshire*, distant 14 miles from the City of *Yorke*; where the Pole is elevated 54 degrees, and 20 odd minutes. On the South-west part thereof is that fair; and goodly Fort, so much renowned, both for the pleasant situation, and remarkable strength, known by the name of *Knaresborow Castle*; seated on a most ragged and rough Rock; whence (as learned Mr. *Cambden* saith) it is so named.

Both the Castle and Town are fenced on the South and West parts with the River *Nide*: which is beautified herewith two fair Bridges of stone, which lead from the Town into the Forrest adjoining, as also unto a large impaled Park of his Majesties, called *Bilbon-Park*, well stored with fallow Deer: part whereof is bordered with the said river.

The Town it self standeth on a hill, having almost on every side an ascent to it; and about it are divers fruitfull valleys well replenished with grasse, corn and wood. The waters there are wholsome and clear; the ayre dry and pure. In brief, there is nothing wanting, that may fitly serve for a good and commodious habitation, and the content and entertainment of strangers.

Many things are very observable in this place, which because they rather doe appertain to the volumnes of Geographers, and Antiquaries, then to the purpose intended in this little treatise, are here omitted.

CHAP. II.

Of the severall earths, stones, and minerals, found neer and about this place.

ALthough there are in sundry places of this kingdom, as many or more severall kindes, and sorts of earths, quarries of stone, minerals, and mines of metrals, then in any other Realm whatsoever; notwithstanding, no one place hath been observed to have them either in such plenty, or variety in so small a distance as this. For here is found not onely white and yellow marble, plaister, oker, rud, rubrick, free-stone, and hard greet-stone, a soft reddish stone, iron-stone, brim-stone, vitreal, nitre, allum, lead, copper, (and without doubt, divers mixtures of these) but also many other minerals might (perhaps) be found out by the diligent search, and skilfull industry of those, who would take pains to labour a little herein.

All which doe manifestly demonstrate, that nature hath stored this little territory with a greater diversity of hidden benefits, then great and spacious Countries otherwise abounding in outward native commodities, and that the fountains, or springs of water hereabouts cannot otherwise then participate of their severall natures and properties.

CHAP.

CHAP. III.

Of the fountains, of pure and simple waters, neer and about the Town.

AS generally most part of the West Riding of Yorkshire (especially the hilly and more mountainous places thereof) are stored with fountains and springs of clear, limpid and pure simple waters; so likewise the territory hereabouts is not without plenty of them. Two whereof have gotten and purchased that reputation, as to be Sainted: The one called by the name of Saint Magnus, or Magnus-well: the other, that of Saint Roberts.

These, formerly for a year, or two, have been in great request in these parts amongst the common sort, much sought unto by many, and great concourse of people have daily gathered and flocked to them, both near, and at a farre off, as is most commonly seen, when any new thing is first found out, *Fama enim crescit eundo*, even unto incredible wonders and miracles, or rather fictions, and lyes. All which commeth to passe as we may well suppose, through our overmuch English credulity, or as I may better say) rather superstition. For to any such like Well, will swarm at first both young and old (especially the female sex, as ever more apt to be deluded) halt, lame, blinde, deaf, dumb, yea, almost all, and that for all manner of maladies and diseases, both inward and outward.

But for as much, as these are springs of pure, and simple waters meerly, without any mixture at all of minerals, to make them become medicinable, it is verily thought, that the many and several cures, which have been attributed unto them in those times, when they were so frequented, were rather fained and imaginary, then true and real; and that those, who then visited them, were desirous (either to uphold and maintain the credit, and reputation of their Saints, or else, to avoid the scorn and derision of their own delusion) to have others likewise deceived.

Time hath quite worn all their strength, and consumed all their virtues; so that nothing of worth now remains with them, saving onely their bare names and titles:

Sic magna sua mole ruunt.

Wherefore to omit these, as scarce worthy the mentioning; those are chiefly here to be described, which do participate of mineral vertues, and faculties.

CHAP. IV.

Of five fountains near unto the town, which do participate of mineral virtues.

Out of the divers Fountains springing hereabouts, five are worthy the observation of Physitians. The first whereof is very near unto the river bank, over against the Castle, called by the name of the *Dropping-well*, for that it droppeth, distilleth, and trickleth down from the hanging rock above. The water whereof hath a certain quality or property to turn any thing that lieth in it, into a stony substance in a very short space.

Three of the others (being all of them much of one, and the same nature) are termed by the country people thereabouts the *Stinkingwels*, in regard they have an ill, and fetide smell, consisting most of Sulphure-vive, or quick brimstone. One of them, and that which hath the greatest current, or stream of water, is in *Bilton park*.

The other two are in the said Forrest; one is neare unto the Town; the other is further off, almost two miles from it, beyond a place called *Haregate head*, in a bottome on the right hand of a, as you go, and almost in the side of a little brook.

The first, and last (for which I have principally undertaken to write this short Discourse) is an acide, or tart fountain in the said Forrest, commonly named by the vulgar sort, *Tuewhu-well*, and the *English Spaw*,
by

The English Spaw.

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by those of the better rank, in imitation of those two most famous acide fountains at the Spaw in Germany, to wit, *Sauuenir*, and *Pouhon*: whereof the first being the prime one) is half a league from the Spa, or Spaw Village; the other is in the middle of the town.

CHAP. V.

A more particular recitall of the first four wels.

I Purpose to speak somewhat more in this place of the first foure Springs mentioned in the former Chapter, in regard the consideration of them may perhaps give some light to those, who shall hereafter search further into the secrets, which nature may seem to afford in the Country hereabouts.

The first is the *Dropping well*, known almost to all who have travelled unto this place. The water whereof distilleth and trickleth down from the hanging Rock over it, not onely dropping wise, but also falling in many pretty little streams.

This water issueth at first out of the earth, not far from the said hanging Rock, and running a while in one entire current, continueth so, till it commeth almost to the brim of the crag; where being opposed by a damme (as it were artificial) of certain spongy stones, is afterwards divided into many smaller branches, and falleth from on high in manner aforesaid.

It is therefore very like that Mr. *Cambden* in person did not see this fountain, but rather that he had it by relation from others; or at least wise (if he did see it) that he did not mark, and duly observe the originall springing up of the water, when in his *Britannia* he saith thus: *The waters thereof spring not up out of the veins of the earth, &c.*

Concerning the properties and qualities thereof, I have nothing more to write at this time (there being formerly

formerly little triall had of it) saving that divers inhabitants thereabouts say , and affirm , that it hath been found to be very effectuall in staying any flux of the body : which thing I easily believe:

The other three are sulphurous fountains , and cast forth a stinking smell a-farre off, especially in the Winter season, and when the weather is coldest. They are all noisome to smell to, and cold to touch, without any manifest or actual heat at all ; by reason (as may most probably be thought) their mines and veins of brimstone, are not kindled under the earth ; being (perhaps) hindred by the mixture of salt therewith.

Those who drink of their waters, relate, they verily think there is gun-powder in them , and that now and then they vomit after drinking thereof.

The waters as they run along the earth, do leave behind them on the grassie and leaves , a gray slimy substance, which being set on fire, hath the right savour of common brimstone. They are much haunted with Pigeons, an argument of much salt in them ; of which in the evaporation of the water by fire, we found a good quantity remaining in the bottom of the vessel.

One thing further was worth observation; that white metall (as silver) dipped into them, presently seemeth to resemble copper : which we first noted by putting a silver porringer into one of these ; unto which Sir *Francis Traps* did first bring us. Which tincture these waters give by reason of their sulphur.

Touching their vertues, and effects, there may in general the like properties be ascribed unto them , as are attributed unto other sulphurous Bathes actually cold, participating also of Salt.

The vulgar sort drink these waters (as they say) to expell reef, and fellon ; yea, many who are much troubled with itches, scabs, morphews, tetters, ring-worms, and the like, are soon holpen and cured, by washing the parts ill-affected therewith. Which thing they might
much

much more conveniently and more commodiously do, if at that in *Bilton* park, were framed to capacious Bathes; the one cold, the other to be made hot, or warm by art, for certain known houres a day.

CHAP. VI.

A more particular description of the fish, or last Fountain, called the English Spaw.

THIS, being the principal subject of this whole Treatise, is in the said Forreſt, about half a league, or a mile and a half, West from the Town; from whence there is almost a continuall rising to it, but nothing so great as the ascent, is from the Spaw village to the *Sauvuir*. This here springeth out of a mountainous ground, and almost at the height of the ascent, at *Harc-gate-head*; having a great descent on both sides the ridge thereof; and the Country thereabouts somewhat resembleth that at the Spaw in *Germany*.

The first discoverer of it to have any medicinal quality (so far forth as I can learn) was one Mr. *William Singsby*, a Gentleman of many good parts, of an ancient and worthy Family neer thereby; who having travelled in his younger time, was thoroughly acquainted with the taste, use, and faculties of the two Spaw Fountains.

In his latter time, about 35 years ago, it was his good Fortune to live for a little while at a Grange house very neer to this Fountain, and afterwards in *Bilton* Park all his life long. Who drinking of this water, found it in all things to agree with thole at the Spaw. Whereupon (greatly rejoycing at so good and fortunate an accident) he made some further trial and assay. That done, he caused the Fountain to be well and artificially walled about, and paved at the bottom, (as it is now at this day) with two fair stone flags, with a fit hole in the side thereof, for the free passage of the water through a little guttered stone.

It

It is open at the top, and walled somewhat higher than the earth, as well to keep out filth, as cattell for coming and approaching to it. It is foure square, three foot wide, and the water within is about three quarters of a yard deep.

First, we caused it to be laded dry, as well to scoure it, as also to see the rising up of the water, which we found to spring up onely at the bottome at the chink, or cranny, between two stones, so left purposely for the springing up of the water at the bottome: Which (as *Pliny* obserueth in his 31 Book of his Natural History, and the third chapter) is a signe above all of the goodnesse of a Fountain.

And above all (saith he) one thing would be obserued, and seen unto, that the souice which feedeth it, spring and boile up directly from the bottome, and not issue forth at the sides: which also is a main point that concerneth the perpetuity thereof, and whereby we may collect, that it will held still, and be never drawn dry.

The stream of water which passeth away by the hole in the side thereof, is much one, and about the proportion of the current of *Sauuenir*.

The above-named Gentleman did drink the water of this Fountain every year after, all his life time, for helping his infirmities, and maintaing of his health, and would oftentimes say and aver, that it was much better, and did excell the tart fountains beyond the Seas, as being more quick and lively, and fuller of Minerrall spirits; effecting his operation more speedily, and sooner passing through the Body.

Moreover, *Dr. Timothy bright* of happy memory, a learned Physitian, while he lived, my very kind freind, and familiar acquaintance, first gave the name of the *English Spaw* unto this Fountain, about thirty years since or more. For he also formerly had spent some time at the *Spaw* in *Germany*; so that he was very able to compare those with this of ours. Nay, he had further-

thermore so good an opinion, and so high a conceit of this, that he did not onely direct and advise others to it, but himself also (for most part) would use it in the Summer season.

Likewise Dr. *Anthony Hutton* lately of *Newark* upon *Trent*, a Physician of no lesse worth, and happy memory (to whom for his true love to me, and kind respect of me, I was very much beholden) would often expostulate with me at our meetings, and with other Gentlemen of *Yorkshire*, his patients, how it came to passe, that I, and the Physicians of *Yorke*, did not by publick writing make the fame and worth thereof better known to the world?

CHAP. VII.

Of the difference of this Fountain from those at the Spaw, to wit, Saunenir, and Pouhon.

THis springeth almost at the top of the ascent (as formerly hath been said) from a dry and somewhat sandy earth: The water whereof running South-east, is very clear, pure, full of life, and mineral exhalations.

We find it chiefly to consist of a vitrioline nature and quality, with a participation also of those other minerals, which are said to be in the *Saunenir* Fountain; but in a more perfect and exquisite mixture and temper (as we deem) and therefore to be supposed better and nobler then it. The difference between them will be found to be onely *Secundum majus & minus*, that is, according to more, or lesse, which maketh no difference in kind, but in degrees. This partaketh in greater measure of the qualities, and lesser of the substances of the Minerals, then that doth; and for that cause it is of a more quick and speedy operation; as also for the same reason, his tenuity of body, and fulnesse of mineral spirits therein contained, it cannot be so farre trans-

transported from its own source and spring, without losse and diminution of his strength and goodnesse. For being carried no further then to the Town it self (though the glasse or vessel be closely stopr) it becommeth somewhat weaker: if as far as to *York*, much more: but if 20 or 30 miles further, it will then be found to be of small force or validity, as we have often observed.

Whereas contrariwise the water of the lower Fountain at the Spaw, called *Pouhon*, is frequently and usually carried and conveyed into other countries afar off, and remote, as into *France*, *England*, *Scotland*, *Ireland*, and to divers parts of *Germany*, and unto some parts of *Italy*; Yea, and that of *Sauvignir*, (which is the better Fountain, and whose water cannot be carried so far away, as the other may) is oftentimes used now a dayes at *Paris*, the chief City of *France*.

But this of ours cannot be sent away any whit so far off, without losse and decay of his efficacy and vertue, so ayrie, subtrill, and piercing are its spirits and mineral exhalations, that they soon passe, vanish, and fly away. Which thing we have esteemed to be a principal good signe of the worthy properties of this rare Fountain. So that this water, being newly taken up at the Well, and presently after drunk, cannot otherwise, but sooner passe by the Hypochondries, and through the body, and cause a speedier effect, then those in *Germany* can. Whereby any one may easily collect, and gather, that this getteth his soveraign faculties better in its passage by and through the variety of minerals included in the earth (which onely afford unto it an halitious body) then those do.

If then we be desirous to have this of ours become commodious either for preserving of our healths, or for altering any distemper, or curing any infirmity (for which it is proper and available) it ought chiefly to be taken at the Fountain it self, before the minerall spirits be dissipated.

CHAP.

CHAP. VIII.

That Vitrioll is here more predominant then any other Minerall.

WE have sufficiently been satisfied by experience and trials, through what Minerals this water doth passe: but to know in what proportion they are exactly mixed therewith, it is beyond humane invention to finde out; Nature having reserved this secret to her self alone. Neverthelesse it may very well be conjectured, that as in the frame and composition of the most noble creature, Man (the lesser world) there is a temper of the four elements rather *ad justitiam* (as the Phylosophers say) then *ad pondus*; so Nature in the mixture of these Minerals, hath likewise taken more of some, and lesse of others, as she thought to be most fit and expedient for the good and behoof of mans health, and the recovery and restitution of it decayed; being indeed such a work, as no Art is able to imitate.

That *Vitriolum* (otherwise called *Chalcanthum*) is here most predominant, there needs no other proof, then from the assay of the water it self; which both in the tart and inky smack thereof, joyned with a piercing and a pricking quality, and in the savour (which is somewhat a little vitrioline) is altogether like unto the ancient Spaw waters: which according to the consent of all those, who have considered their natural compositions, do most of all, and chiefly participate of vitrioll.

Notwithstanding for a more manifest, and fuller triall her eof, put as much powder of Gals, as will lye on two-pence, or three pence, into a glasse full of this water, newly taken up at the fountain, you shall see it by and by turned into the right and perfect colour of Claret wine, that is fully ripe, clear, and well fined, which may easily deceive the eye of the skilfullest Vintner,

This

This demonstration hath been often made, nor without the admiration of those, who first did see it. For the same quantity of galls mingled with so much common water, or any other Fountain water thereabouts, will not alter it any thing at all; unlesse to these you also adde vitrioll, and then the colour will appear to be of a blewish violet, somewhat inkish, not reddish, as in the former, which hath an exquisite and accurate conjunction of other Mineral exhalations, besides the vitrioline. But this probation will not hold, if so be you make triall with the said water being carried farre from the Well; by reason of the present dissipation of his spirits.

CHAP. IX.

Of the properties and effects of Vitrioll, according to the ancient and modern Writers.

THE qualities of *Vitrioll*, according to *Dioscorides*, *Galen*, *Alius*, *Paulus Aegineta*, and *Oribasius*; are to heat and dry, to bind, to resist putrefaction, to give strength and vigour to the interiour parts, to kill the flat worms of the belly, to remedy venemous mushrooms, to preserve flesh over moist from corruption, consuming the moisture thereof by its heat, and constipating by his striction the substance of it, and pressing forth the serous humidity.

And according to *Mattbiolus* in his Commentaries upon *Discorides*, it is very profitable against the plague and pestilence, and the chymicall oyle thereof is very available (as himself affirmeth to have sufficiently proved) against the stone and stopping of Urine, and many other ourward maladies and diseases, (*Andernacus* and *Gesner* adde to these the Apoplexy) all which, for avoiding of prolixity, I do here purposely omit.

Neither will I further trouble the Reader with the
recital

recitall of divers and sundry excellent remedies, and medicines, found out and made of it in these latter times, by the Spagyrick Physitians, and others: Inso-much that *Joseph Quercetanus*, one of those, is verily of opinion, that out of this individual mineral, well and exquisitely prepared, there might be made all man-ner of remedies and medicines sufficient for the storing and furnishing of a whole Apothecaries shop.

But it will (perhaps) be objected by some one or o-ther in this manner: If vitrioll, which as most do hold, is hot and dry in the third degree, or beginning of the fourth, nay, of a caustick quality and nature (as *Dioscorides* is of opinion) should here be predominant; then the water of this Fountain must needs be of great heat and acrimony; and so become not onely unprofitable, but also very hurtfull for mans use to be drunk, or in-wardly taken.

To which objection (not to take any advantage of the answer, which many learned Physitians do give, viz. that vitriol is not hot, but cold) I say: First, that although all medicinall waters doe participate of those minerals, by which they do passe, yet they have them but weakly *viribus refractis* (especially when in their passages they touch, and meet with divers other mine-rals of opposite tempers and natures.

Secondly, I Answer, that in all such medicinall Fountains as this, simple water doth far surpasse and exceed in quantity, whatsoever is therewith intermixed, by whose coldnesse it cometh to passe, that the con-trary is scarce, or hardly perceived. For example, take one proportion of any boyling liquor to 100. or more, of the same cold, and you will hardly find in it any heat at all. Suppose then vitrioll be hot in the third degree, it doth not theretore follow, that the water which hath his vertue chiefly from it, should heat in the same de-gree. This is plainly manifest not onely in this foun-tain, but also in all others, which have an acide taste, being

being indeed rather cold then hot, for the reasons above mentioned.

CHAP. X.

Of the effects which this Fountain worketh, and produceth in those who drink of it.

EXperience sheweth sufficiently, besides reason, that this water first, and in the beginning cooleth such as use it: But being continued, it heateth and drieth; and this for the most part it doth in all, yet not always. For (as we shall more fully declare afterwards) it effecteth cures of opposite, and quite contrary natures, by the second and third qualities wherewith it is endowed; curing diseases both hot, cold, dry, and moist.

Those waters (saith *Renodæus*) which are replenished with a vitrioline quality, as those at the *Spaw*, doe presently heal, and (as it were) miraculously cure diseases, which are without all hope of recovery; having that notable power and faculty from vitrioll; by the vertue and efficacy whereof, they passe through the meanders, turnings and windings of all parts of the whole body. Whatsoever is hurtfull, or endammageth it, that they sweep and carry away: what is profitable and commodious, they touch not, nor hurt: that which is flaccid, and loose, they bind and fasten: that which is fastned, and strictly tied, they loose: what is too grosse and thick; they incide, dissolve, attenuate, and expell.

More particularly the water of this fountain hath an incisive and absterfive faculty to cut and loosen the viscus and clammy humours of the body, and to make meable the grosse: as also by its piercing and penetrating power, subtilty of parts, and by his deterging and desiccative qualities to open all the obstructions, or oppilations of the mesentery (from whence the seeds of most diseases doe arise and spring) liver, spleen, kidneys

neys, and other interiour parts (and which is more to be noted and observed) to coole , and contemperate their unnaturall heat, helping and removing also all the griefs and infirmities depending thereupon.

Besides all this , it comforteth the stomach by the a-
striction it hath from other minerals , especially Iron ,
so that (without doubt) of a thousand , who shall use it
discreetly, and with good advice (their bodies first be-
ing well and orderly prepared by some learned and skil-
full Physitian , according to the states thereof , and as
their infirmities shall require) there will scarcely be any
one found, who shall not receive great profit thereby.

Moreover, it cleanseth, and purifieth the whole masse
of blood contained in the veynes , by purging it from
the serenity peccant, and from cholerick, phlegmatick,
and melancholike humours , and that principally by
Urine, which passeth through the body very clear, and
in great quantity, leaving behinde it the mineral forces,
and vertues.

Their stooles , who drink of it, are commonly of a
blackish, or dark green colour, partly because it empti-
eth the liver and spleen from adust humours , and me-
lancholy, or the sediment of blood ; but more especially,
because the minerals intermixed do produce and give
such a tincture.

CHAP. XI.

*In what diseases the water of this Fountain is most
usefull and beneficiall.*

OVer and besides the peculiar and specifical faculties,
which this fountain hath , it sheweth divers and sun-
dry other manifest effects and qualities in evacuating
the noxious humours of the body, for the most by Urine,
especially when there is any obstruction about the kid-
neys , ureters and bladder : Or by Urine and stoole
both , if the mesentery , liver, or spleen, chance to be
obstructed. But, if the effect or grief be in the matrix

or womb, then it cleanseth that way according to the accustomed and usuall manner of women.

In melancholly people it purgeth by provoking the hæmorrhoides, and in cholerick by siege or stool. If it causeth either vomit or sweat, it is very seldom & rare.

See here a most admirable work guided by the omnipotency and wisdom of the Almighty, that a naturall, clear, and pure water, should produce so many and severall effects and operations, being all of them in a manner contrary one to another, which few medicines composd by Art can easily perform without hurt and dammage to the party. Wherefore being drunk with those cautions and circumstances necessarily required thereunto, it is to be preferred before many other remedies, as not onely procuring these evacuations; but also (which is more to be noted) staying them when they grow to any excesse. For seeing that here are minerals contained both hot, cold, dry, appetitive, astringent, &c. there is none so simple, but must needs think and grant, that it cannot otherwise be, but good and wholesome in grievances and diseases, which in their own natures are opposit;

But I may instance in some few, for which it is good and profitable, and therein observe some order and method; It dryeth the over moist brain, and helpeth the evils proceeding there from, as rhumes, catarrhs, palsies, cramps, &c.

It is also good and available against inveterate head-aches, megrims, turnings and swimings of the head and brain, dizziness, epilepsie, or falling sicknesse and the like cold and moist diseases of the head.

It cheareth and reviveth the spirits, strengtheneth the stomack, causeth a good and quick appetite, and furthereth digestion.

It helpeth the black and yellow Jaundies, and the evil which is accompanied with strange fear and excessive sadness, without any evident occasion or necessary cause, called

called *Melancholia* or *Hypocondriaca*. Likewise the cachexy, or evil habit of the body, and the dropſie in the beginning thereof, before it be too far gone. For beſides that it openeth obſtructions, expelleth the redundant water in the belly, and contemperateth the unnaturall heat of the Liver.

It cooketh the Kidneys or Reins, and drive forth ſand, gravel, and ſtones out of them, and alſo hindereth the encrease or breeding of any new, by the concretion and ſaudering of gravel, bred of a viſcous and clammy humor or ſubſtance, the ſame it performeth to the bladder for which it is alſo beneficiall, if it chance to have any evil diſpoſition either in the cavity thereof, or in the neck of it, and ſhutting muſcle called *Sphincter*, whereby the whole part or member, is let and hindered in his office and function.

Moreover if there chance to be any ulcer in the parts laſt ſpecified, or any ſore, or fiſtula in *perineo* through an impoſtume ill cured, this water is a good remedy for it in regard of its cleaning, cicatricing and conſtringing power and virtue; and for that cauſe it is very proper & commodious for the acrimony and ſharpenes of Urine, and againſt the ſtopping and ſuppreſſion of Urine, difficulty of making water, and the ſtrangury.

Although it is very available againſt the ſtone in the Kidneys, and againſt the breeding and increaſe of any new there; yea and againſt little ones, that are looſe in the bladder; yet notwithstanding it will afford little or ſmall benefit to thoſe, in whom it is grown to be very great and big in the bladder: becauſe nothing will then ſerve to break it, as *Brassavolus* ſaith, but a ſmiths anvil and hammar. Nevertheleſſe, if in this caſe incision be uſed, it will be very commodious, both for mundifying and conſolidating of the wound, made for the extraction of it.

It ſhall not be needfull to ſpeak much of the profit, which will enſue by the fit adminiſtration of it in the inveterate venereous *Gonorrhoea* cauſing to ceaſe and

stay totally, and correcting the distemper, and the ulcerous disposition of the seed vessels, and the vicine parts.

There are very few infirmities properly incident to women, which this water may not seem to respect much. The use whereof, after the advice and counsel had of the learned Physitian, for the well and orderly preparing their bodies, is singular good against the green sicknesse, and also very commodious and behovefull to procure their monethly evacuations, as also to stay their over much flowing; as well to correct, as to stay their white floods; as well to dry the womb being too moist, as to heat it being too cold, through which causes and distempers conception (for the most part) is let and hindered in cold Northern Countries, as *England* and the like. For by the help of it these distempers are changed and altered, the superfluous humidities and mucosities are taken away, the part is corroborated, and the retentive vertue is strengthened.

This hath been so much, and so often observed at the ancient *spaw*, that it cannot otherwise, but be also verified at this in after times, when it shall be frequented (as those have been) with the company of Ladies, and Gentlewomen: Divers whereof, having been formerly barren for the space of ten, twelve years, or more, and drinking of those waters for curing and helping some other infirmities, then for want of fruitfulness, have shortly conceived after their return home to their husbands, beyond their hopes and expectations.

Besides all this, it is good for those women, who, though otherwise apt enough to conceive, yet by reason of the too much lubricity of their wombs, are prone to miscarry and abort, if before conception they shall use it with those cautions and directions requisite.

Also it respecteth very much the hard scirrhus and cancerous tumours, and the grievous soars and dangerous Ulcers of the matrix. All these excellent helps and many more it performeth to women with more speedy
successe

ucceſſe, if it be alſo received by injection. But here by the way, all ſuch women, who are with child, are to be admoniſhed, that they forbear to uſe it during that time.

In children it killeth and expelleth the worms of the guts and belly, and letteth and hindreth the breeding, and new encrease of any more.

I will here forbear to write any thing of the benefits which it affordeth againſt old and inveterate itches, moſhpews, leproſies, &c. in regard the other three ſulphurous fountains, before mentioned, do more properly reſpect ſuch like grievances. Neither will I now ſpend any more time in ſhewing what vertues it hath in the cure of the Indian, commonly called the French, or rather Spaniſh diſeaſe; becauſe experience hath found out a more certain and ſure remedy againſt it.

CHAP. XII.

Of the neceſſity of preparing the body before the uſe of this water.

IT is not in moſt things the bare and naked knowledge or contemplation of them, that makes them profitable to us; but rather their right uſe, opportune, and fit adminiſtration. Medicines are not ſaid to be *Deorum Manus*, that is, the hands of the Gods, as *Herophilus* calleth them, or *Deorum dona*; that is, the gifts of the Gods (as *Hippocrates* believed) till they be fitly applyed and ſeaſonably adminiſtered by the counſel and advice of the learned and ſkilfull Phyſician, according to the true rules, and method of Art.

Temporibus medicina valet, data, tempore profunt.

Et data non apto tempore vina nocent.

That is,

Medicines availe in their due times,

And profit is got by drinking wines.

In

In timely sort; but all in reason.

They do offend, drunk out of season.

Therefore to know the originall minerals, faculties, and vertues of this worthy acide fountain, will be to no end, or to small purpose for them, who understand not the right and true use, nor the fit and orderly administration of it. For not onely Physick or medicines, but also meats, and drinks taken disorderly, out of due time and without measure, bringeth oftentimes detriment to the party, who otherwise might receive comfort and strength thereby: So likewise this water, if it be not drunk at a convenient time and season, in due fashion and proportion; yea, and that after preparatives, and requisite purgings, and evacuation of the body, may easily hurt those, whose infirmities otherwise it doth principally respect. For medicines ought not to be taken rashly and unadvisely, as most do hand over head without any consideration of time, place, and other circumstances; as that ignorant man did, who getting the receipt of that medicine, wherewith formerly he had been cured, made trial of it again long after for the same infirmity without any help or good at all; whereat greatly marvelling, received this answer from his Physitian; I confesse (said he) it was the self same medicine but because I did not give it, therefore it did you no good.

To the end therefore that no occasion may hereafter be either given or taken by the misgovernment, or over-rashnesse of any in using it to calumniate and traduce the worth, and goodnesse of this fountain, I will briefly here shew what course is chiefly to be followed and observed by those who shall stand in need of it.

First then, because very few men are thoroughly and sufficiently informed concerning the natures and causes of their grievances, it will be necessary that every one should apply himself to some one or other, who either out of his judgement or experience, or both, may truly be able to give him counsell and good advice concern-
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aining the conveniency of this fountain. And if he shall be advised to use it, then let the party (in the fear of God) addresse himself for his way to it, against the fit season of it, without making any long and tedious daies journeys, which cause lassitude, and wearinesse.

Then, being come to the place, he ought after a dayes rest, or two, to have his body well prepared, and gently cleansed with easie lenitives, or purgatives, both fit and appropriate, as well to the habite and constitution thereof, as also for the disease it self, and as occasion shall require, according to the rule of method, which teacheth that universal or general remedies ought ever to precede and go before particulars. Now what these are in speciall, to fit every ones case in particular, is impossible either for me here, or any else to define precisely. *Ars non versatur circa individua.* We may see it true in mechanical trades. No one Shoemaker can fit all by one Last: nor any one Taylor can suit all by one, and the self same measure.

Yet in regard it may perhaps be expected that something should be said herein, I say, that in the beginning (if occasion serve) some easie Clyster may very fitly be given, as well for emptying the lower intestines from their usuall excrements, as for carrying away and cleansing the muçose slimes contained therein. After that, it will be convenient to prepare the body by some Julep or Apozeme, or to give some lenitive medicine to free the first region of the body from excrements. For otherwise the water might peradventure convey some part of them, or other peccant matter, which it findeth in his passage either into the bladder, or to some other weak and infirm member of the body, to the increase of that evill disposition, which is to be removed, or else to the breeding of some other new infirmity.

Some perhaps will here object and say, that the time of the year, in which this fountain will be found to be most usefull, will be the hottest season thereof; or (if you list so to call it) the dog-days, when it will be no fit time to purge at all.

To this I answer and say: First, the purging medicines here required are not strong, and generous, but gentle, mild and weak, such as are styled *Benedicta medicamenta*: which may with great safety and profit be given either then or at any other time of the year without any danger, or respect of any such like circumstance at all.

Secondly I answer; although this observation of the Dogdayes might perhaps be of some moment in hotter Countries, as *Greece* where *Hippocrates* lived, who first made mention of those dayes: yet in colder climates, as *England*, and such like Countries, they are of little or small force at all. and almost not to be regarded any whit, either in using mild and temperate purgatives, or almost in any other; or in blood-letting, though very many, or most do erroneously say and think the contrary. So that (if there be cause) they may as well and safely then purge, as at any other time: Or if occasion shall urge, as in plethoricall bodies, and many other cases, a vein may safely (or rather most commodiously) be then opened, and so much blood taken away, as the skilfull Physician shall think in his discretion and wisdom to be needful and requisite.

Let no man here think that this is any strange position or a new paradox (for the learned know the contrary) or that I am studious of innovation, but rather desirous to root out an old and inveterate error, which in all probability hath cost mee English mens lives, than would furnish a royall army, in neglecting those two greater helps or remedies, to wit Purging and Blood-letting in hot seasons of the year; which in all likelihood might have saved many of their lives, while expecting more temperate weather, they have been summoned in the mean time, or *interim*, by the messenger of pale death to appear in another world.

Wherefore let all those who are yet living, be admonished hereafter by their examples, not obstinately and wilfully

wilfully to eschew and shun these two remedies in hot seasons, and in the time of the Dog-dayes, (much lesse all other manner of Physicall helps) not once knowing so much as why, or wherefore, and without any reason at all, following blind and superstitious tradition and error, haply first broached by some unworthy and ignorant Physician, not rightly understanding Hippocrates his saying in all likelihood, or at least wise misapplying it: which hath so prevailed in these times, that it hath not onely worn out the use of purging, but also of all other Physick for that season, because most people by the name of Physick, understand purging onely, and nothing else; as though the Art and Science of Physick was nothing else, but to give a potion, or purge. Then we rightly and truly might say, *Filia deperavit matrem.*

But forasmuch as most people are altogether ignorant of the true ground or reason, from whence this so dangerous an error concerning the Dog-dayes, did first spring and arise, give me leave a little to go on with this my digression, for their better instruction and satisfaction; and I will briefly and in few lines, shew the case and mistake somewhat more plainly.

Hippocrates in his fourth Book of *Aphorismes*, the fifth, hath these words: *Sub canicula, & ante caniculam, difficiles sunt purgationes.* That is, under the canicular, or Dog-star, and before the Dog-star purgations are painfull and difficult. This is all that is there said of them, or brought against them for that season or time of the year. A great stumbling block against which many have dashed their feet and knockt their shins, and a feafull scar crow, whereat too many have nicely boggled. Here you do not find or see purging medicines to be then prohibited, or forbidden to be given at all (much lesse all other Physick) but onely said to be difficult in their working partly because (as all expositors agree) nature is then somewhat enfeebled
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by the heat of the weather ; partly because the humours being then, as it were, accended, are more chaffed by the heat of the purging medicines ; partly, and lastly, because two contrary motions seem then to be at one and the same time, which may offend nature ; as the great heat of the weather leading the humours of the body outwardly to the circumference thereof, and the medicine drawing them inwardly to the center. All which circumstances in our cold region are litle, or nothing at all (as formerly hath been mentioned) to be regarded. For as *Jacobus Hollerius*, a French Physitian, much honoured for his great learning and judgment, hath very well observed in his Comment upon this Aphorisme ; *Hippocrates* speaketh here onely of those purging medicines which are strong and vehement, or hot and fiery ; and that this precept is to take place in most hot Regions, but not in these cold Countries, as *France*, *England* and the like.

Over and beside all this, those churlish hot purging medicines, which were then in frequent use in *Hippocrates* time, and some hundred years after, are now for the most part obsolete, and quite grown out of use, seldom brought in practice by Physitians in these dayes ; because we have within these last six hundred years, great choice and variety of more milde, benigne, and gentle purgatives found out by the *Arabian* Physitians, which were altogether unknown unto the Antients, to wit, *Hippocrates*, *Dioscorides*, *Galen*, &c. which have little heat and acrimony, many whereof are temperate, and divers cooling, which may most safely be given either in the hottest times and seasons of the year, or in the hottest diseases. Let us adde to these the like familiar and gentle purging medicines more lately, yea almost daily newly found out since the better discoveries of the East and West Indies. So that henceforth let no man fear to take either easie purgatives, or other inward Physick, in the time of *Canicular* or Dog-dayes.

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The same *Hollerius* goeth on in the exposition and interpretation of the same Aphorisme, and confidently saith: *Over and besides that we have benigne medicines, which we may then use, as Cassia, &c.* We know and find by experience, no time here with us more wholesome and more temperate (especially when the *Etesian* or *Easterly* windes do blow) then the *Canicular* dayes. so that we finde by observation, that those diseases which are bred in the moneths of *June* and *July*, do end in *August*, and in the *Canicular* dayes. Wherefore if a disease happen in those dayes, we fear not to open a vein divers times, and often, as also to prescribe more strong purging medicines.

Wherefore away hence forth with the scrupulous conceit, and too nice fear of the *Dog-dayes*, and let their supposed danger be had no more in remembrance among us. And if any will yet remain obstinate, and still refuse to have their beams pulled out of their eyes, let them still be blinde in the midst of the clear Sun-shine, and groap on after darknesse: and let all learned Physitians rather pittie their follies, then envy their wits,

CHAP. XIII.

At what time of the year, and at what houre of the day it is most fit and meet to drinke this water.

TO speak in generall terms, it is a fit time to drinke it, when the ayre is pure, clear, hot and dry: for then the water is more tart, and more easily digested, then at other times. On the contrary, it is best to forbear, when the ayre is cold, moist, dark, dull and misty: for then it is more feeble, and harder to be concocted.

But more specially, the most proper season to undertake this our *English Spaw* diet, will be from the middest or latter end of *June*, to the middle of *September*, or longer, according as the season of the year shall fall out to be hot and dry, or otherwise.

Not that in the Spring time, and in Winter it is not also good, but for that the ayre being more pure in Summer, the water also must needs be of greater force and power. Notwithstanding it may sometime so happen in Summer, that by reason of some extraordinary falling of rain, there may be a cessation from it a day or two. Or if it chance to have rained over night, it will then be fit and necessary to refrain from drinking of it, untill the rain be passed away again: or else (which I like better) the Fountain laded dry, and filled again, which may well be done in an houre, or two at the most.

Touching the time of the day when it is best to drink this water, questionlesse the most convenient hour will be in the morning, when the party is empty and fasting about seven a clock: Nature having first discharged her self of daily excrements both by stooles and Urine, and the concoctions perfected. This time is likewise fittest for exercise, which is a great good help, and furtherance for the better distribution of the water, whereby it doth produce its effects more speedily.

CHAP. XIV.

Of the manner of drinking this water; and the quantity thereof.

THose who desire the benefit of this Fountain, ought to go to it somewhat early in the morning; and, if they be able and strong of body, they may doe very well to walk to it on foot, or at least wise some part of the way. Such as have weak and feeble legs, may ride on horse-back, or be carried in the Coaches, or borne in Chairs. As for those whose infirmities cause them to keep their Beds or Chambers, they may drink the water in their lodgings, it being speedily brought to them in a vessel or glasse well stopd.

It is not my meaning or purpose to describe here particularly what quantity of it is fit and meet for every one to drink: for this is part of the task and office which belongeth to the Physitian, who shall be of counsell with the Patient in preparing and well ordering of him: who is to consider all the severall circumstances, as well of the malady or disease it self, as of his habit and constitution, &c. Neverthelesse I may advise, that at the first it be moderately taken, increasing the quantity, daily by degrees, untill they shall come at last to the full height of the proportion appointed, and thought to be meet and necessary. There they are then to stay, and so to continue at that quantity, so long as it shall be needfull. For example, the first morning may happily be sixteen or eighteen ounces, and so on by degrees to 20. 30, 40, 50, 60. or more, in people who are of good and strong constitutions. Towards the ending the abatement ought likewise to be made by degrees, as the increment was formerly made by little and little.

Here by the way every one must be admonished to take notice, that it is not alwayes best to drink most, lest they chance to oppress and overcharge nature, that
would

would rather be content with lesse. It will therefore be more safe, to take it rather somewhat sparingly, though for a longer time, then liberally and for a short time. But, indeed, the truest and justest proportion of it, is ever to be made and esteemed, by the good and laudable concoction of it, and by the due and orderly voiding of it again.

It will not be here amisse to adde this one observation further: That it is better to drink this water once a day, then twice, and that in the mornings, after that the Sun hath dried up, and consumed the vapours retained through the coldnesse of the night, &c. as is formerly declared. After drinking it, it will be needfull to abstain from meat and other drink for the space of three or four hours.

But if any one, who hath a good stomach, shall be desirous to take it twice a day; or if any shall be necessarily compelled so to doe for some urgent cause, by the approbation of his Physitian, let him dine somewhat sparingly, and drink it not again, untill five hours after dinner be past, or not untill the concoction of meat and drink in the stomach be perfected: Observing likewise, that he content himself in the afternoons with almost half the quantity he useth to take in the mornings.

CHAP. XV.

Of the manner of dyet to be observed by those, who shall use this water.

THE regiment of life in meats and drinks, ought chiefly to consist in the right and moderate use of those, which are of light and easie digestion, and of good and wholesome nourishment, breeding laudable juyce. Therefore all those are to be avoided, which beget crud and ill humours. There ought furthermore speciall notice to be taken, that great diversity of meats and dishes at one meal is very hurtfull, as also much condiments, sauces, spice, fat, &c. in their dressing and cookery.

I commend hens, capons, pullets, chickens, partridge, pheasants, turkies, and generally all such small birds, as live in woods, hedges, and mountains. Likewise I doe approve of veal, mutton, kid, lamb, rabbits, young hare or leverits, &c. All which (for the most part) are rather to be roasted then boyled. Neverthelesse those, who are affected with any dry distemper, or those, who otherwise are so accustomed to feed, may have their meats sodden, but the plainer dressing the better.

I discommend all salt meats, beef, bacon, pork, lard, and larded meats, hare, venison, tripes, and the entrails of beasts, puddings made with blood, pig, goose, swan, teal, mallard, and such like; and in generall all water-fowle, as being of hard digestion and ill nutriment.

Amongst the severall kinds of fishes, trout, perch, loaches, and for most part, all scaly fish of brooks, and fresh rivers may well be permitted. Moreover smelts, soles, dabs, whittings, sturbutts, gurnets, and all such other, as are well known not to be ill, or unwholesome to feed on. All which may be altered with mint, hyssop, anise, &c. Also cre-fishes, crab-fish, lobsters, and the like, may be permitted.

Conger, salmon, eels, lampries, herrings, salt-ling, all salt fish, sturgeon, anchovies, oysters, cockles, muscles, and the like shel-fish are to be disallowed.

White-meats, as milk, cruds, cream, old cheese, custards, white-pots, pudding-pies, and other like milk-meats, (except sweet butter, and new cream cheese) are to be forbidden. Soft and reer eggs we do not prohibit.

Raisons with almonds, bisket-bread, marchpane-stuff, suckers, and the like, are not here forbidden to be eaten.

Let their bread be made of wheat, very well wrought fermented or leavened; and let their drink be bear well boyled and brewed; and let it be stale, or old enough,

enough, but in no wise tart, sharp, or sower : And above all, let them forbear to mix the water of the fountain with their drink at meals ; for that may cause many inconveniences to follow and ensue.

Let me advise them to eschew Apples, Pears, Plumbs Codlings, Gooseberries, and all such like sommer fruits, either raw, in tarts, or otherwise : Also pease, and all other pulse ; all cold sallets, and raw hearbs ; onions, leeks, chives, cabbage or coleworts, pompons, cucumbers, and the like.

In stead of cheese at the end of meals, it will not be amisse to eat citron, or lemon pils condited, or else fennel, annise, coriander comfits, or biskets and carawayes, as well for to discusse and expell winde, as to shut and close the stomack, for the better furthering the digestion of meats and drinks. And for that purpose, it would be much better, if the Physitian, who is of counsell, should appoint and ordain some fit and proper Tragea in grosse powder mixed with sugar, or else made into little cakes or morsels. Likewise marmalade of quinces either simple or compound, (such as the Physitians do often prescribe to their patients) may be used very commodiously.

After dinner they ought to use no violent exercise, neither ought they to sit still, sadly, heavy and musing, nor to slumber and sleep ; but rather to stir a little, and to raise up the spirits for an hour or two, by some fit recreation. After supper they may take a walk into the fields, or Castle yard.

CHAP. XVI.

Of the Symptoms or accidents, which may now and then chance to happen to some one or other in the use of this water.

Although those who are of good and strong constitutions, observing the aforementioned direction, do seldom

some or never receive any harm, or detriment by drinking this water : notwithstanding it may sometime so fall forth, that some of the weaker sort may perhaps observe some little, or small inconvenience thereby, as retention of it in the body : inflation of the belley : costivenesse, and the like. Wherefore to gratifie those, a word or two of every one shall suffice.

1. Then, for to cause a more ready and speedy passage of it by Urine, it will not be amisse to counsel the party after his return to his lodging, to go to his naked bed for an hour or two, that thereby warmth and natural heat may be brought into each part of the body, the passages more opened, and nature by that means made more fit and apt for the expulsion of it. During which time it will be very requisite to apply hot cloaths to the stomach : but not so as to provoke sweat. Or else, to cause it to void and evacuate either by urine, stool, or sweat, exercise will be a good help and furtherance; if the party be fit for it. But if neither of these will prevail, then a sharp glyster ought to be administered.

The inflation or swelling of the belly hapneth principally to those, who have feeble and weak stomachs; who may do very well to eat annise, fenel, or corriander comfits at the fountain between every draught, and to walk a little after; or else some carminative Lozenges, made with grossepowders, spices and seeds for breaking of wind : or what other thing the learned Physitian shall deem to be most fit and proper in his wisdom and judgment. But if the inflation chance to be very great, then a carminative glyster must be ordained.

Such as shall be very costive may doe well to eat moistning meats, and to use mollifying hearbs, raisons stoned, corants, damascene prunes, butter, or the yolks of eggs, and the like in their broths, or pottage. If these will not be sufficient, then let a day be spared

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from drinking the water, and let the party take some lenitive medicine, laxative corants, or some such like thing; whereof the Phyſitian hath ever great choice and variety, wherewith he can fit directly every one his caſe; to whom preſent recourſe ever ought to be had, when any of theſe, or the like accidents do happen, as likewiſe in all other caſes of waight and moment.

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A
Relation of certain particular Cures,
 Done by vertue of Mineral waters, neer
Knaresborow in the West-riding of
 the County of Yorkshire.

By *Mr. Michael Stanhope.*



BEFORE entrance be made into the ensuing Narrations, it will not be amisse for the satisfaction of such who are meer strangers to the knowledge of these waters, to let them know, that it is now full six years since notice hath been given to the world by a Book called *S. adacrene*, or the *English Spaw*, (written by Dr. Deane, a learned Physitian of the City of *York*) of certain Mineral waters, seated in the Forrest of *Knaresborow*, in the West riding of *Yorkshire*. Since which time divers have repaired to them from remote places, (according to their severall necessities) to experiment them, invited by the Doctors promised probabilities of their usefull operations. What hath been the event and successe, I have undertaken to present to the publick view.

That *Spaw* Springs though they usually challenge (as doth the *Spaw* in *Germany*, which is the reason we give them the same name) a singularity in easing and curing (such as are curable) of the Stone and Gravel, as also in opening the obstructions of the Spleen, and allaying all Melancholy effects and passions, yet it will appear by the subsequent Discourse and Relations, that this kinde of water hath other rare and secret influences and operations, which hath procured no small wonder in those who have observed the effects; the particular

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instances

instances whereof, (without any longer suspending thy expectation) I now intend to enter upon, beginning first with the cure and alleviation of the stone, and other distempers incident to the Kidneys and Reins.

In the year 1626. *Mistress Rolf* of *Hadley* in the County of *Suffolk*, having occasion to give a visit to some of her neer friends in *Yorkshire*, within a few weeks of her stay there, she found her self suddenly surprized with extraordinary sharp fits, which by their symptoms did manifestly appear to be the stone. Hereupon she applied her self to the Physicians advice, but finding little or no ease by their prescriptions (though probable ones) she was perswaded to try the new water at *Knaresborough*, where she had not continued above a fortnight, but she voided many stones, to the number of an hundred bigger and lesse, where by she was quit of all her pain, and hath ever since continued in health, free from all manner of annoyance in that kinde.

Henry Curra of *Whardale* in the Western parts of *Yorkshire*, servant to *Sr. Peter Middleton*, about the age of 50 years, having suffered much pain for divers years, his fits of the stone being so violent, that he was not able to rid on horse back, or to ly in his bed an hour together without rising, nothing that he could take affording him any ease, he went at last to the *Spaw* Spring, where having drunk the water about a month, he voided divers stones, some whereof he hath to shew, being bigger then a great Pea. He returned home eased of all his pain, he recovered his strength, and is now well able to ride about his occasions without any disturbance, nor hath he ever since (being now three years) had any fits worthy of complaint.

Henry Rowly of *Linton*, near *Weatherby* in *Yorkshire*, of the age of sixty years, much perplexed a long time with the stopping of his water, by his repair to the *Spaw*, voided much gravell, and from that time was no more troubled so long as he lived:

Mistresse Barker of *Doare* in *Darbesshire*, about the age of 34 years, had a dangerous ulcer in her Kidney, besides a very obstructed body, wherewith she was brought so low, that she was not able to go without the support of one or two; her stomach had lost its appetite, not able through weaknesse to digest any meat, no nor the most apt broaths that could be made, so that she was forced to sustain nature by returning to her infant pap. In this weak and desperate condition (having formerly not spared to use all the helps that could be devised by the Physitian) she was gently brought to the *Spaw*, not expecting (as she told me her self) to be recovered, onely she thought it not fit to be wanting to any means that might be propounded. It pleased God to give such a blessing in the use of the water (which she daily drunk as well as she was able) that within a few dayes there came from her an incredible deal of putrid matter, which gave her such ease, that by degrees she gathered strength, her inward parts were depilated, her stomach restored, and within the compasse of five weeks she was (to the wonder of all that had taken notice of her) reduced to a most apparent state of health and ability of body. I seeing her this Summer, 1631. at the *Spaw*, (for it was the foregoing year she had received her Cure, and this year came onely to the water to confirm her self) could not but admire to behold so fresh a look, and so well-liking a body, considering the report of her former exceeding weaknesse.

I will not say it were time lost, but it might be better spent then to multiply all the known examples in this kind, the foregoing ones being of sufficient proof to make good the waters efficacious use in the infirmity of the stone. Not that I am to seek for more, for I might (but that I willingly avoid superfluous tediousnes) adde to the order.

Mistresse *Ellis*, wife to Mr. *Ellis* Minister at *Beatterley*, who received a wondrous cure in the like ulcerated part.

Mistresse *May*, a Citizens wife of *York*, who after many years trouble, (being of great age) was absolutely freed from her long continued fits of the stone, with divers others whom I purposely omit (nothing being more ordinary) that others may come into play (though of a differing kind, yet) of remarkable note.

For Melancholy and Splenetique effects, there are few or none (that I have ever yet heard of, who have repaired to this *Spaw* water, but have found extraordinary ease, and a great abatement of those disturbances which are the ordinary unwelcome attendants of that distemper.

Amongst others Mr. *Sacheveril* of *Derbshire* (hearing of this *Spaw* water) came to *York* to advise with D. *Dean*, who after he had fitly prepared his body (a rule grossly omitted by many) sent him to *Knaresborough* to drink of the water, being in the year 1630. to his great relief. For whereas he had been exceedingly long time perplexed with many fearfull passions, and upon slight occasions apt to entertain horrid and astonishing imaginations, (the ordinary companions of that disease called *Hypochondriaca passio*) he returned to *York* to give D. *Deane* thanks for his sending him to the water, professing his spirits to be much cheared, his fancy cleared from all cloudy and misty conceits, which his very look and inspection did witness, and so he returned home, continuing ever since in a constant tenor of a quiet and uninterrupted condition.

Mistresse *Ayre*, wife to M. *Anthony Ayre* of *Rampton* in *Nottinghamshire*, a Gentlewoman of much worth and esteem for her approved vertue, and all other requisites that give lustre to her Sex, had (with the expence of much money) tried what could be done in the taming and qualifying of that same dull melancholly humour

humour, her self not unseen (as in many rare secret so) in curious receipts of that kind, at length grew weary in trying conclusions, receiving little or no benefit by any. She was drawn at last by report of the *Yorkshire Spaw*, to try the effects of it, which was in the year 1629. where she found more comfort and ease by one months use of the water, then she could ever receive by all the best advise her money could purchase.

Others I have known affected or rather afflicted in this kind, who have acknowledged to have received great benefit by this water, whose names & stories I spare, the forenamed being sufficient instances of the powerfull effect of this water in moderating this same *Ludibrium Medicorum*, the melancholly humour.

I shall now present a miscellany of other cures, or rather wonders, worthy the serious consideration of the learned, and the admiration of all.

M. William Thompson Postmaster of *weatherby* in *Yorkshire*, had continued desperately sick of a hectick fever 28 weeks, living then in *Cambridge shire*. He had used the advice of the best Physicians in those parts, and was at last given over as a man past hope, his weakness being such, that he went not to stool in all that time, but by the help of a suppository, or the like means. In this poore estate (hearing of this water) he adventureth in the depth of winter (a most unseasonable time by the consent of all those who write of the use of these kind of waters) to experiment them, and so with some difficulty he was brought to *weatherby* being distant from *Knaresborough* four miles. Having rested a day or two, he began to drink of the water, which had such good effect in him, that without any pain at all he had the benefit (the first day) of nature, and within a few days he found a strange alteration in his body, his stomach was quickned, and his spirits strangely revived. He continued the drinking of the water 14 dayes, till at length he was not sensible of any defect that might cause him to make any longer use of it.

To

To be short, within a small time (through Gods blessings) micerly by this water, he was restored to be a perfect man, and so continueth. This was in 1628.

Mr. *Foules* a gentleman of *Scotland*, and advocate of *Edenborow*, about the age of 57. years, through a weaknesse of all his limbs proceeding (as may be supposed from a relaxation of the sinews, was not able (but with much trembling) to lift his hand to his mouth, or to get on, or off his horse, but with much help, he came to *Knaresborow* in the year 1627. where having staid about a moneth, drinking every morning of the *Spaw* spring, and making use of the Sulphur water by way of bath at his lodging, before he departed he was able to perform all fit offices about himself, without the aid of any, and hath continued in good state of body ever since.

Mr. *Rauden* of *Rauden* in *Yorkshire*, had been many years soar vexed with terrible pangs, and gripings in his body, so that through the continuall extremity of his distemper, his flesh was decayed, his appetite lost, and his sleep very short and unquier. He had used the advise of some of the best Physitians of the Kingdome, but finding little or no ease, he came to try what the *Spaw* water would doe, being then but newly divulged. Not many dayes after he had drunk of the water, he avoided two great chains of worms, being either of them above a yard long, which though they seemed divers worms linckt together, by several motions in many parts at once (which had they been, would have amounted to thousands) yet were but one, of which the learned report that kind of worm to be of a strange and scarce credible length. About four dayes after he voyded 4 other single worms, great & very long, but dead: After which he voided no more, but was freed from all manner of pain, and by degrees and steps ascended again to his former best health, and hath continued a sound man ever since.

The

The confident knowledge hereof invited a Gentleman (a neighbour of his) called *Rockley*, having continued long a very infirm man, and not able by any means to understand the cause of his weaknesse, to try the water, where after he had staid a few dayes, there came from him fourteen worms, or rather *Monstra* as some will term them, every one about an inch long and alive, their heads were black, and their tails tipt with black, all of them having many feet, about 6 dayes after he voided 4 more of the like form alive: Most of them he kept alive in a box a few dayes which were seen of many, with no little wonderment. Since which time he hath recovered strength, and liveth now in very good health.

The Lady *Vavasor* (wife to Sir *Tho. Vavasor* Baronet of *Yorksh.*) had lost in a manner the use of all her limbs through what distemper I know not, but she was brought to such a degree of weaknesse, that child-like she was rockt in a cradle; there were no means unassayed which might re-inable her, but all in vain. In this estate she was brought to the *Spaw* water, by the use whereof (by Gods mercy) she was restored to strength and health.

One *William Shan* of *Medley* in *Yorkshire*, being much troubled with the stopping of his water, which caused intollerable pain, in a desperate method in one of his fits (being a man of extraordinary courage) caused an instrument of Iron to be made by an ordinary smith about the bignesse and length of a pack-needle. This (not any other daring to do it) he (boldly rather than wisely) thrust up into his yard, and pulling it forth violently, he opened the passage, so that a great quantity of water with an intermixture of blood issued forth, by reason of a dangerous wound made by the instrument, which after proving ulcerous, could by no means be healed. He (at his last refuge) repaired to the *Spaw* water,

water, where within a few dayes he received not onely cure of his former stoppage of water, but was perfectly cured of his ulcer.

One *Walles* of *Copeland* in the County of *Northumberland*, about the age of fifty years, being of an extraordinary corpulency of body, his belly especially of a vast greatnesse. For divers years he had not been able to go the space of an hundred yards (especially if it were an ascent) without resting himself, his breath failing him upon the least extraordinary motion. By the drinking of the *Spaw* water he was brought to that passe within three weeks, that his belly did fall to an ordinary size, he was able to go from the Town of *Knaresborough* to the Spring (which is a mile and a half, part of it being a great ascent) without any desire of ease, and hath continued ever since a man as able to foot it, as most of his age.

The like effect the late Right Honourable Countesse of *Buckingham* found, who this last Summer 1631. vouchsafed to honor the *Northern Spaw* with her presence. Her infirmity (I have it from her own mouth) was a shortnesse of breath, not being able to get up an ordinary pair of stairs, but with much difficulty of breathing, and resting once at the least. There is none will question but her ample fortune was able to command the choicest helps of Physick: Which failing she had recourse to *Wellington*, but even that water (so much famed) was not able to perform any thing worth her pay. At last she was advised by a learned Artift (who was no stranger to this our *Spaw*) to make tryall of our water. Her Honor was pleased to tell me (having drunk orderly of the water about ten dayes) that she found the whole frame of her body reduced to a very good temper, and for that particular, which occasioned her coming to the water, she did profess seriously, that she was well able to mount two pair of stairs without either support, or the least desire of respite. The time of the year

year was somewhat too far spent at her coming to the water (for it was the middle of *August*) so that the coldness of the air and frequent showeis, forc'd her departure before the water could finish its work, which was no small prejudice to her after being.

Mrs *Fairweather* of the City of *York*, dwelling in *Micklegate* had been long troubled with a diziness in her head (call it the *Vertigo* or what you please) so that if she did but stoop to the ground (looking downwards) she was ready to fall; by the use of the *Spaw* water for the space of a month was absolutely freed from this her distemper.

The Lady *Hoyl* wife to the new Lord Mayor of the City of *York*, after she had been the mother of four children, did fall into a strange infirmity. Her face (for the most part every ten or eleven weeks after she had conceived) did swell and grow very red, many knots arising in divers parts of her face. The swelling sometimes was such that it almost deprived her (for the time) of her sight; during the continuance of which trouble she miscarried of three or four children together. It must be supposed one of her ability (being happy also by enjoying a tender loving husband) could want no means that part could afford, but no proof or good success was found. She was at last advised to repair to the *Spaw*, where she stayed about three weeks, finding apparent signes of her bodies alteration. Within two moneths of her return home, it pleased God she conceived, continuing in a constant state of health to the time of her delivery. She hath since then been blest with diverse children, not having the least touch of her former distemper.

A poore boy about the age of 13 years, had often strange fits like those of the *Epilepsie*, or falling sickness, yet somewhat differing from the ordinary fits of that disease, neither foaming at the mouth, nor shewing any distortions of countenance. He would lye (as if he had been

been dead) the space of a quarter of an hour, without the least motion. In this case he had continued a year and more, and did usually fall two or three times a day. He was brought to drink of the *Spaw* water, and within ten dayes did so alter, that he did not fall above once in six dayes space. He returned home in hope of recovery, yet too soon if my advice might have taken place; but the party that brought him thither, told me he was not able to stay in regard of the charge.

Mistresse *Sadler* daughter to that same reverend Sage of the Law, Sir *Edward Cook* (let her pardon me that I close the relations of the *Spaw* with her name, who for her worth and excellent parts deserved to be rank'd and equalled with the best of her sex) came to the *Spaw* in the year 1630. Her distemper, (as near as I can inform my self) was a long continued fixed pain in her head: It is very probable that she received benefit by the waters use, which encouraged her to repair to the water again the last year 1631. And pitty it were she should not find good successe, she shewed her self so rare a pattern of patience, in attending the issue of six weeks stay, nor any one that I have observed, proceeding in the whole course in drinking of the water, with such constant observation of all those Rules which are requisite to be observed, by those who expect the benefit by the water.

And now having finished what I think fit to instance concerning this our *Spaw* water, I will adde a few experiments of the Sulphur Spring.

Maud Bogge (for by that name she is commonly known) a woman of an ordinary condition, dwelling in the City of *York*, about the age of 50 years, had a swelling about her ancle, which had continued long: the place was for the most part, very red and hard, whereunto was applyed divers means by the Surgeons to bring it to a head, but nothing availed. Her pain did daily increase, the part was grown monstrously great, where-

whereby she began to lose the use of her limb. She was at length advised to go to the Sulphur Spring near *Knaresborow*, whither (with much ado) she was brought on Horse-back. The next day after her coming, she drunk liberally of the water, which purged her in a violent manner, and at night she bathed her leg in the water at her lodging. This course she continued three days, during which time the swelling abated very much, and she was able the fourth day to tread on the ground so boldly and firmly that without expecting any further operation of the water, she returned to the City of *York* on foot, as if she scorned any other help, and within a week she was so perfectly cured, that divers who had seen her sweld leg, did admire to see her trot up and down the City, as if she never had ailed anything. This was in the year 1627. This Summer being 1631. I spoke with her at *York* from whom I had her story. *D. Dean* and divers in *York* taking speciall notice of it.

In 1629. there came a poor man to make use of the *Sulphur* Spring, whose name and abode I have not had the opportunity to learn. He had a great swelling in his knee which had continued long; the place was exceeding hard to feel too, and grown over with hair, nor could the force of any medicine make it to yield to any abatement or suppuration. He drunk of the water daily, which purged him, and bathed his legge often in it, within lesse than a fortnight the part did sensibly soften, and soon after did break; whence issued a great number of small worms, to the amazement of divers. Freed from these he was much refreshed, and in few days returned home, by all appearance a sound man. A noble Knight [*S^t F. F.*] (who lived then near *Knaresborow*) took (as there was good cause) speciall notice of this strange cure, whose unblemished reputation is a sufficient warrant to satisfie me in the publishing of it.

One *Benfon* who dwelleth near the Spring, assured me a poor woman had received the like cure in one of her breast, whereof he was a witnesse. There

There is nothing more familiar then for poor people to repair to this Spring, most of them (that have the patience to stay) receiving cure of old sores, and ulcerated parts. What inward diseases this water doth properly respect, hath not yet (which is great pity) been judiciously examined: but that it may be usefully applyed, this one following instance may fully satisfie.

One *Smith*, a Shoemaker dwelling in the City of *York*, was extremely overgrown with the Scurvy, so that he was in some danger of his life, usuall medicines nothing availing. He was at length advised by a learned Scholler in the City (by profession a Divine, yet versed of late in Physical notions) to send for the Sulphur Spring water to his house, which he not very willingly did, thinking it a hard task to drink water in the cold of Winter. His ordinary draught was half a pint in the morning, which had such good success in him, that within lesse than a month he was by this and other means, quit of this disease.

The like effect a good old man in the City experimented to his great relief.

Lo here two Springs of admirable operations! And if an exact Sumetritian by the proportion of *Hercules* his foot, be able to collect the whole fabrick of his body, why may not the learned (whose serious thoughts are bent upon the Theory of Natures secrets) from these examples deduce excellent conclusions of large and ample use.

I had thought to shut up this Discourse, but that I am loath to smother any thing that may tend to the publick good.

Those who have observed the wonders of this our happy Isle, have taken notice of a Spring seated underneath the Castle of *Knaresborow*, commonly called *The dropping well*, famous for the turning of whatsoever is cast into it, or casuall falls in (as mosse, leaves, Ricks, and the like) into stone: whereupon it is that this
Spring

Spring is visited of many by way of admiration. But time hath of late discovered a Physicall use of this water, namely that it is an infallible cure for a flix.

This year 1631. it was my chance to be a witnesse of this particular, A Minister of *Yorkshire*, one *Greatheed*, came to *Knaresborow* to give his attendance on a Noble Gentlewoman, whose infirmity did crave the aid of the *Spaw* water: He (not intending to drink of the water seriously) thought he might safely now and then (as many do for companies sake) take a few draughts of the *Spaw* Water: within a weeks stay (by what accident I know not) he was overtaken with a violent flix, which continued three dayes in such a degree of excesse, that there was just cause to fear. At that time there was happily in the house a Physician of good note, one *Dr web* (a Gentleman of extraordinary curious parts, besides his exact knowledge in his profession, to whom those *Northern* waters are indebted for his carefull examination of them, and his willingness to advance their due fame) whose advice being craved, (and time it was to advise, for the party was brought so weak, that he was stept into a degree of convulsions) he (out of former experience in a noble Lady in the same case, who (all other means failing) had present help by this *Dropping well*) presently caused him to drink a draught of the said water, which without dallying instantly stayed the flix, so that within a few dayes he became a strong man.

FINIS.
